

Suggested Packing List for Self-Quarantine or Self-Isolation

Please bring the items you will need for at 14 day quarantine period. Quarantine describes a person who may have been exposed to an illness and is being observed for symptoms, or after a period of travel from another country.

Please note – **it is important to pack necessary items, and limit non-essentials**, as all belongings will need to be transported with you to the quarantine space. All rooms are single occupancy; you will be assigned a shower and toilet for your use, and most rooms are equipped with sinks. You will be expected to use only the restroom facilities assigned to you, and to engage in self-cleaning of these spaces after each use. You will be permitted to leave your room to obtain medical care, food or other essential services, but you should not attend class, access laboratories, or spend time in public spaces. Card access will be limited to the entrances to the building of your quarantine assignment. You must wear a face covering at all times, unless you are in your private room with the door closed. Additional instructions will be provided to you regarding health monitoring and self-cleaning instructions.

Suggested Packing List:

- Backpack, small luggage or duffel bag
- Clean clothing for 14 days
- Sheets (twin, extra-long)
- Blanket/comforter
- Pillow and pillowcase
- Bath towel and hand towel
- Toothbrush and toothpaste
- Nail clippers
- Soap and shampoo
- Room slippers
- Toiletries, personal care items and menstrual hygiene supplies
- Medications
- Eyeglasses / contacts and related supplies
- Caltech ID, wallet, credit cards and other essential documents
- Laptop and charger
- Phone and charger
- Materials to enable you to do classwork or remote research
- Journal and writing instruments
- Books or magazines
- Coins and detergent if you plan to do laundry – this is **strongly discouraged** if you can bring enough clean clothes. (You must sanitize and wipe down all touched surfaces if you use laundry room.)